



Department of Veterans Affairs (VA)
VA MIDWEST HEALTH CARE NETWORK
Veterans Integrated Service Network (VISN) 23
Network Update
January 2013
www.visn23.va.gov



HAPPY NEW YEAR

As we welcome in the New Year and say good-bye to 2012 we approach the New Year with enthusiasm and excitement.

The start of this New Year gives us an opportunity to re-commit ourselves to your service.

To do this, we set some strategic goals for 2013 and we commit ourselves to your service as we strive to:

- *Provide Veterans Personalized, Proactive, Patient-Driven Health Care;*
- *Seek and achieve measurable improvements in health outcomes; and*
- *Align resources so that we can deliver sustained value to the Veterans we serve*

It is a privilege to serve you! On behalf of our entire staff we extend greetings and best wishes for a prosperous, healthy and happy New Year.

Janet P. Murphy,

New Year Resolutions

Are you looking forward to a 'fresh start' this New Year?

Millions of people around the world make New Year's resolutions. The idea that you get a clean slate at the start of the calendar year is a powerful notion that cuts across cultures. Yet for so many good intentions ends in failure, often within a week or even 24 hours.

How can you stay on track and keep the promises you make on January 1? Be deliberate. Make a plan. Here are some tips to help you be successful:

Be Realistic: Make an Attainable Goal – most people fail because they make unrealistic goals. Decide your limits, set your aim and be specific.

Focus on One Resolution – don't try to do everything at once. Choose that one thing you want to accomplish and map out a plan to achieve your goal.

Motivate Yourself – Evaluate the price of keeping your resolution in terms of sacrifice, time, effort, money, perseverance and be ready to pay the price. Keep your willpower strong by constantly reminding yourself of the benefits of success.

Avoid Triggers – Initially, it will be difficult to stick to your plan for change. There will be several temptations to give up. Plan ahead for what you will do in certain situations.

Monitor Your Progress – Keep track of your progress. Reward yourself for small successes. Don't fuss over your failures. Instead ponder over what diverts you from your goal and how you can help yourself maintain progress.

Get inspired from these tips and make determined New Year Resolutions this time. Here is wishing you a successful year!!!

Fargo VA to Open New 10-Bed Operating Room in 2013



The Fargo VA Health Care System continues to move forward in the construction of a new 10-bed, state of the art operating room addition. This addition is located on the west side of the facility. Construction is expected to be completed in spring of 2013. .

Fargo VA Health Care System Home Based Primary Care (HBPC)

Home Based Primary Care is primary care provided in your own home using a multidisciplinary team approach. You are eligible to receive HBPC services if : (1) you live within 50 miles of the Fargo VA medical center, (2) have one or more chronic diseases (such as diabetes, lung disease, heart failure-, (3) have difficulty getting to your VA appointments, and (4) are currently receiving primary care services from the VA. Some of the services provided by HBPC include: routine primary care visits, routine lab draws, home safety assessments, social work assistance, nutritional assessments, medication profile review and medication set-up, case management, and coordination of care within and outside of VA. For more information contact the Fargo VAHCS at: 1-800-410-9723, Patti Burwick, RN, extension 9-3672, or Michele Violet, LPN, extension 9-4316.

Minneapolis VA Enrolls 4,600 in Historic Study – 2nd Largest Cohort in Nation



The Minneapolis VA Health Care System has contributed the second largest cohort of participants in the VA's largest research study in history. The Million Veteran Program, or MVP, was launched in 2011. It expects to have enrolled up to a million Veterans within the next few years. Last month, MVP hit the 100,000 milestone, with 4617 patients entered at the Minneapolis VA. There are currently 40 medical centers enrolling patients; another 11 centers will open their doors for enrollment in Fiscal Year 2013. MVP aims to build a huge database of health, military, and genetic information.

The goal is to help researchers learn more about how genes impact health. Health information and DNA samples collected through MVP are stored securely and made available to authorized researchers. VA has tight safeguards in place to protect Veterans' personal information. For the latest information on MVP, including a list of the 40 VA medical centers that are now enrolling Veterans in the study, visit www.research.va.gov/mvp.

Medal of Honor Anniversary



The Medal of Honor was first authorized by Congress 151 years ago, during the first year of the Civil War, on December 21, 1861, for Navy petty officers, seamen, landsmen, and marines who “shall most distinguish themselves by their gallantry in action and other seamanlike qualities during the present war.” Eventually, Congress authorized Medals of Honor for all branches of the military services.

- **1862 July 12** - Medals of Honor authorized for enlisted men of the U.S. Army and Volunteer forces.
- **1915 March 3** - Medal of Honor eligibility expanded to officers and the Coast Guard
- **1916 April 26** – Special lifetime pensions were authorized for Medal of Honor recipients; at the time, the amount was \$10 per month, paid quarterly.
- **1956 August 10** – Medals of Honor were authorized for the Air Force; Air Force had been an independent branch since 1947, but prior to 1956, recipients were given the Army's medal.

The media often incorrectly refers to Medal of Honor recipients as “winners,” despite there being no open competition or contest involved to obtain the medal. At least 16 VA facilities are named after Medal of Honor recipients.



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Clinical Pastoral Education System Accreditation



The VA Midwest Health Care Network (VISN 23) Association for Clinical Pastoral Education System was recently granted re-accreditation from the Association for Clinical Pastoral Education (ACPE) to offer Level I and II and Supervisory CPE programs. The accreditation assures that clergy and chaplains receive high quality training and instruction in delivering comprehensive spiritual and pastoral care to Veterans in VA hospitals as well as in the community. Clinical Pastoral Education programs are conducted at the Sioux Falls VA HCS and the St. Cloud VA HCS, which serves as the system center. Clinical Pastoral Education programs include a year-long residential program, internships and Supervisory CPE training. Currently there are four CPE Residents at the St. Cloud VA HCS and three CPE Residents at the Sioux Falls VA HCS. A summer internship unit of CPE is also offered at the St. Cloud VA HCS. Additionally, an extended internship program with Army National Guard Chaplains and Chaplain Candidates is conducted at the St. Cloud VA HCS, through an agreement with the Department of Defense

Veterans Crisis Line



The Veterans Crisis Line connects Veterans in crisis, and their families and friends, with qualified, caring, Department of Veterans Affairs responders through a confidential toll-free number. If you or anyone you know is in crisis, call 1-800-273-8255, [or use the 24/7 Veterans online chat](#). No Veteran should commit suicide. No man or woman who dedicated their life to preserving freedom for Americans should ever feel so hopeless that they would want to end their life, but it happens. At some point in everyone's life, we all...hit a wall. That's why VA has the [Veterans Crisis Line](#). This website explains it all: www.veteranscrisisline.net.

Calendar of Events – January 2013

January 11, 2013 – Veteran/Employee Health Fair 7:00 AM – 4:00 PM in the auditorium. In addition to a variety of booths for Veterans and staff to visit, there will be classes offered including healthy cooking s, tobacco cessation, yoga and tai chi. All Veterans – enrolled and those not enrolled – and their spouses are invited.

February 9, 2013 – Veterans are invited to the Sioux Falls National Salute to Veterans Concert performed by James Wesley, country western singer. Complimentary tickets for Veterans will be available the early part of January. Concert takes place at 3:00 PM at the Washington Pavilion. In addition, there will be 12 booths open prior to the concert highlighting services available for Veterans.

Interested in quitting smoking or chewing tobacco? Drop-in classes are offered every Friday at the Sioux Falls VA from 2:00-3:00 PM. No appointments needed.

For More information, call the Network Office at (651) 405-5600 or
Log on at www.visn23.va.gov or email sharyl.schaepe@va.gov